



AAROGYA

THE TIMES OF NRCH

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Message from Dr. Man Singh, DG/ RHS

It is with great enthusiasm that I share with you the latest insights, advancements, & updates from our dynamic field of healthcare. In this rapidly changing landscape, staying informed & connected is more critical than ever. This quarterly newsletter aims to provide you with a selection of the most pertinent developments and innovations that impact our practice and patient care.

In forthcoming issues, thought-provoking articles addressing current challenges & opportunities in healthcare, practical advice & proven strategies to enhance patient outcomes will be discussed along with an overview of the latest medical technologies and

their applications in improving diagnostics and treatments.

Our mission is to support your journey towards excellence in every aspect of your work. This newsletter is just one of the many ways we strive to foster a culture of continuous learning and innovation within our organization. It will also serve as a great opportunity to showcase successes of the medical team, learn from each other, and foster a strong sense of unity within your team. I encourage each of you to contribute your ideas, stories, and insights to make the newsletter a true reflection of your collective efforts and spirit. I look forward to seeing the innovative and inspiring content that we will produce as a team.

I encourage you to engage with the content, share your thoughts, and apply the knowledge gained to your practice. Together, we can continue to elevate the standard of care we provide and make significant contributions to the health and well-being of our patients.

Thank you for your unwavering commitment and dedication. Your hard work & passion are what drive our success and inspire us all to achieve greater heights.

Message from Mr. Shobhan Chaudhuri, GM/ NR



As you embark on the exciting journey of launching the newsletter, a first of its kind endeavour, I want to extend my heartfelt encouragement and support to all of you.

This newsletter is more than just a communication tool; it is a testament to our commitment. In these pages, we will get important updates & build a stronger, more connected team.

Every contribution, whether it is a patient success story, a spotlight on a colleague, or a development in our hospital, matters and I am confident that this initiative will also bear fruits.

As it is said that you don't have to be great to start, but you have to start to be great. A journey has started, I wish you all the success.



Message from Dr. Krishnappa Sridhar, PCMD/ NR

I congratulate the team of NRCH and their MD for launching the hospital newsletter, a project that represents your commitment to keeping the railway fraternity informed, engaged, and inspired.

This newsletter will be a vital tool for everyone to share important updates, celebrate achievements, and highlight the incredible work being done by all of you.



Message from Dr. Rushama Tandon, MD/ NRCH

Welcome to the inaugural edition of our NRCH Newsletter! Our newsletter is another step forward in our continuous effort to enhance communication, celebrate achievements, and stay connected as a team. It will serve as a platform to highlight the wonderful work being done by our dedicated doctors, nurses and staff, share patient success stories, and keep everyone informed about important updates and innovations.

I hope you enjoy this first issue! Your feedback and contributions are invaluable as we strive to improve with each edition and make this newsletter a true reflection of our community.



OUR HISTORY

With the foundation stone laid in 1955 by **Shri Lal Bahadur Shastri**, the then Hon'ble Minister of Railways, and inaugurated in 1957 by **Shri Babu Jagjivan Ram**, the then Hon'ble Minister of Railways, NRCH has delivered quality medical care to railway employees and their families for decades.

We gained recognition from the Medical Council of India (MCI) in 1970, and further recognition came from the National Board of Examinations (NBE) in 1990, solidifying NRCH's reputation as a premier teaching hospital.

As we look back on our history, we are proud of our legacy and inspired to continue our mission of providing exceptional healthcare services.

INFRASTRUCTURE & FACILITIES

NRCH features a comprehensive and modern infrastructure designed to deliver quality health services. The hospital is fully air-conditioned for patient comfort.

The **Old Building** consists of three floors, **Eastern Wing** has four floors. This building houses administrative areas, Kitchen, Radiology department, pathology department, blood bank and casualty, Newly started CT-MRI Centre on a PPP model, is on the back side of the hospital.

Savera Building houses our Auditorium and Teaching Centre, equipped with a library supporting our teaching and DNB Training programs, the AYUSH Centre, Physiotherapy and ENT department.

There is a separate OPD block with blood sample collection and pharmacy.

All wards are updated to meet stringent fire safety standards. Security system with CCTV and manual surveillance.

For patient attendants, **a 20-bed rest house** is available,

ensuring a comfortable stay. A Solar Heating Plant provides hot water throughout the hospital. **A round-the-clock canteen** and an Amul Parlour cater to the needs of patients, attendants, and staff. Sufficient parking space is available for visitors and staff.

Our 24/7, **twenty-bedded Emergency Department** is equipped to handle all kinds of medical emergencies. We provide round-the-clock BLS ambulances.

Our hospital boasts 419 beds, catering to almost 13,000 indoor patients annually.

The **state-of-the-art ICU** is located on the first floor. We offer advanced **diagnostic services**, including X-ray, USG, MRI, CT scan, and laboratory services. Blood sample collection is available from 8:30 am to 1 pm & daily from various health units. Our **Blood Centre** operates round the clock.

Well-equipped OTs support a variety of surgical

procedures, with approximately 21,000 surgeries performed yearly.

On an average, **OPD caters to 1,500 patients daily**. Our dedicated team of doctors, nurses, and support staff work tirelessly to ensure the well-being and comfort of every patient.

The **Pharmacy** operates from 8:30 am to 10 pm to ensure an uninterrupted supply of medications.

Our hospital has been declared a **Swachh Green Hospital** due to its exceptional cleanliness and greenery.



DAILY OPDs

- Medicine
- Surgery
- Orthopaedics
- Obstetrics
- Gynaecology
- Eye
- ENT
- Psychiatry
- Paediatrics
- Dental
- Skin
- Pre Anaesthesia
- Oncology
- Senior Citizen
- AYUSH

SPECIAL CLINICS

- Spine
- Neurology
- Minimal Access Surgery
- Infertility
- Gastroenterology
- Antenatal Clinic
- Cardiology
- Glaucoma
- Nephrology
- Retina
- Rheumatology
- Pain/ Acupuncture
- Tumour Board
- Plastic Surgery
- GI Surgery
- Thoracic Surgery
- OncoSurgery
- Urology

ATTACHED HEALTH UNITS

- Basant Lane
- Tilak Bridge
- Lajpat Nagar
- Baroda House
- Sarojini Nagar
- Sardar Patel Marg



ACADEMIC CENTRE OF EXCELLENCE

We have been running the DNB Programme for Post Graduate teaching across nine specialties, for 32 years. Pass percentage for our students is over 80%. We have also published several academic papers in reputed national & international journals.

KEEPING UP WITH THE TIMES

NRCH organized a Multi Specialty Conference in April 2024. To increase awareness among patients, we have been observing several events through over the year, including the World Health Day, Glaucoma Week, World Oral Health Day, World Malaria Day, Ambedkar Jayanti, International Nurses Day, Menstrual Hygiene Day, and World Blood Donor Day. We hold blood donation camps and health screening camps. Skits and various talks are also regularly organized.



HYDRATION 101 INTERESTING FUN FACTS



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FARE THEE WELL

We bid a fond farewell to two of our esteemed colleagues.

Matron Monika Mahajan, an exceptionally bright and talented nurse, had been a valuable asset to NRCH. She has relocated to Kapurthala for family reasons, and will continue her role as ANO there.

Another sincere and dedicated professional, **Matron Sindhu Jose**, made significant contributions to our OT. She has taken VRS for personal reasons.

We wish them all the luck and happiness in their future endeavors.

FUTURE ISSUES

We believe in celebrating the hard work & achievements of our staff.

In the upcoming issues, we will be featuring special articles and achievements from various departments.

We encourage all departments to submit their articles and share their milestones with us. Your contributions will help us highlight the incredible work happening at our hospital.

